

For more information

Call your local health department

FOOD
Safety
&
NUTRITION

to help prevent.

Lead
Poisoning

in children



Childhood Lead Program
P.O. Box 47812
Olympia, WA 98504-7812
1-800-909-9898

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You can lower your child's risk
of lead poisoning through

FOOD
Safety

Lead can get into food. If your water pipes are lead or have lead solder, your tap water will have more lead when it sits in the pipes for a long time and when you use hot water. Lead may be in some plates, cups or bowls, and in the seams of some imported tin cans. Lead can also be in house dust, which can get into food.

- **Use cold tap water** for cooking, drinking and making baby formula. If you have lead pipes or pipes with lead solder, let the tap run for a minute before using the water. You cannot remove lead by boiling the water.
- **Wash your child's hands** before meals. Wash your hands to remove any house dust before fixing food. Also wash:
 - Fruits and vegetables before serving or cooking them.
 - Bottles, pacifiers and foods that fall on the floor before giving them back to your child.
- **Pottery dishes** may be a source of lead unless they are made to be safe for food. When in doubt, use glass or plastic containers for serving or storing food.
- **Never heat or store food in opened tin cans.**



NUTRITION

Iron and calcium are important!

When children get enough iron and calcium, their bodies take in less lead.

Foods with iron:

- Lean beef and pork, liver, chicken, turkey, fish, liverwurst
- Cooked dried beans or peas, baked beans, chili, lima beans, blackeyed peas
- Iron fortified breakfast cereals
- Spinach, swiss chard, collard greens, kale
- Prunes, raisins, dried apricots
- Enriched noodles, spaghetti, macaroni, rice
- Enriched bread, flour tortillas



Foods with calcium:

- Cheese, yogurt, milk
- Mustard greens, collard greens, turnip greens
- Canned fish with edible bones—sardines, salmon, mackerel
- Tofu
- Tahini
- Broccoli
- Corn tortillas



More Nutrition Facts

- Regular, nutritious meals and snacks help lower the amount of lead the body will take in.
- Cook foods in cast iron pots and pans. This is a safe way to add a lot of iron to the food.
- Vitamin C-rich foods help the body take in more iron. Serve a vitamin C-rich food at each meal.

Vitamin C-rich foods:

- Oranges, grapefruit, tangerines
- Orange juice, lemonade
- Strawberries, tomatoes, watermelon
- Broccoli, cabbage, bell peppers
- Baked potatoes, sweet potatoes
- Greens, kale, chard



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If you have questions, contact:

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Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

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